

One of our own selected as an Ageless Hero



Former ABC anchorman Hugh Downs and Former First Lady Pat Fordice (right) present the Ageless Hero Award to Corrine Robinson in ceremonies held in Hattiesburg, Miss.

AFRH-G resident receives prestigious volunteer award

Corrine Robinson, a seven-year resident at AFRH-G, recently received a Mississippi Ageless Hero Award in ceremonies held at the Lake Terrace Convention Center in Hattiesburg, Miss.

Corrine, a former Navy WAVE (Women Accepted for Voluntary Emergency Service) and wife of resident Dick Robinson, a career Navy man, was selected as a 2005 Statewide Honoree in the Good Neighbor category of the Ageless Heroes Program. The Mississippi Ageless Heroes program was created by Blue Cross & Blue Shield of Mississippi to honor Mississippi residents beyond the age of 65 whose lives are filled with activity, vitality and accomplishments and who serve as role models for us all.

Corrine's commitment to giving back to the community didn't start at retirement. In addition to serving in the mil-

See 'Ageless Hero' page 11

Gulf States AHSA honors two from AFRH-G

Two representatives of the AFRH-G were honored at the Gulf States Association of Homes and Services for the Aging's 2005 Annual Conference and Exposition held in New Orleans, La., last week. Resident Irene Smith was selected as the Volunteer of the Year and staff member Shelley Schruoff received the Caring Hands Award.

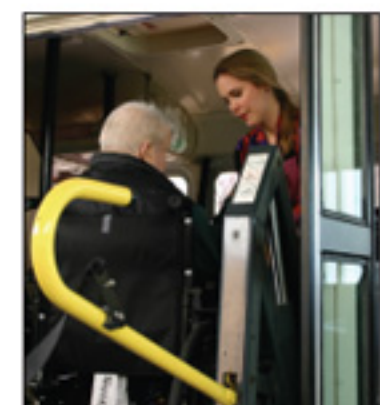
Irene has called the AFRH home since 1991. She is a Navy veteran and served as an aircraft mechanic during World War II. Since her arrival here, Irene has generously given of her time and talents in the Chapel and with the Recreation Department. She is presently volunteering more than 120 hours each month serving as the office manager in the Chapel and assisting with birthday dinners and tickets sales for dances in the ballroom.

Receiving the Caring Hands Award is Shelley Schruoff, a Therapeutic Recreation Specialist. Shelley has been employed at the AFRH-G since June 1997 and works with residents in the Assisted Living Unit. According to her superiors, co-workers and residents, Shelley possesses an indomitable good will, an absolute heart of 'solid' gold, and is professionally competent.

Shelley directs an innovative Therapeutic Recreation Program. Her activity schedule includes a wide variety of exciting games and activities designed to enrich and enhance the lives of the Assisted Living residents. Shelley was recognized for her caring dedication and her outstanding organizational skills which emphasizes "mission first, people always" orientation.



Irene Smith poses with Santa. Every year Irene helps provide gifts for needy kids.



Shelley Schruoff helps a resident on the bus.

AFRH COMMUNICATOR

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The AFRH Communicator is an authorized publication of the Armed Forces Retirement Home.

Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by The AFRH Communicator staff for journalistic style and length.

Editorial views and opinions expressed in these pages are not necessarily those of AFRH or its leadership. Throughout the newspaper AFRH-G input will be denoted as (G) and AFRH-W as (W).

AFRH-W Editors Column



Let's see - This is the April 28 issue of the AFRH Communicator. In nine days I will have completed eighteen years as a resident of AFRH, and as the Editor of your newspaper. This brings me to my subject for this paper's column. Not really an update, but rather a recap of what I consider an important step forward that was taken in the late 80s.

This piece is about "Growing." Today's newspaper, the AFRH Communicator, had its beginning in 1978 as a newsletter (printed on either 8 1/2 X 11, or 8 1/2 X 14 bond paper). Sometime later, in the mid-eighties, then Governor George McKee, LTG, USAF-Ret authorized its expansion to a newspaper. This decision made it possible to go to what is called "tabloid size", or 11" X 17". It also made it possible an improvement of quality of type and images in the newspaper.

At the time of *my beginning* I was the Editor and Staff of the paper which was produced by volunteers. There had been five previous editors of the newspaper and I believe only one newspaper had actually been produced. I decided that now was the time to introduce modern technology to the United States Soldiers' and Airmen's Home. I also decided that there would be no more pasteup, and from this time forward we would avail ourselves of the best technology for producing newspapers.

With the support of Rick Coleman, Hal Grant, Bill Baimbridge, and final approval by Gov. McKee the Home spent \$60,000 for its first Desktop Publishing System (DTPS). The cost was recovered in two years by savings in printing costs. This was probably the first major use of modern printing technology in the Home.

We, as residents have come a long way since 1987. Computers have become part of our lives. AFRH has more than one computer class going for our senior veterans. The terms **email** and **internet** are now meaningful to most residents.

"Growing" - Continued on Page 3



AFRH Residency

AFRH is not just a place to live but a place to live more. Our model retirement centers are designed for resident to maintain an independent lifestyle in an environment designed for safety, comfort and personal enrichment.

Eligibility:

Military veterans from each service branch can live at either Home.

Veterans are eligible to become a resident of the AFRH if their active duty service in the military was at least 50 percent enlisted, war-rant officer or limited duty officer and who are:

- Veterans with 20 or more years of active duty service and are at least 60 years old, or
- Veterans unable to earn a livelihood due to a service-connected disability, or
- Veterans unable to earn a livelihood due to injuries, disease, or disability, and who served in a war theater or received hostile fire pay, or
- Female veterans who served prior to 1948.

To receive an informational brochure please contact the following office:

AFRH at 1-800-422-9988, or write to AFRH Admissions Office, 3700 N. Capitol St. NW, Washington DC 20011-8400.

Visit us on the web at: <http://www.AFRH.gov>

Message from the COO



I would like to thank each resident and employee who recently took the time to complete the Defense Equal Opportunity Climate Survey (DEOSC), which was administered by Defense Equal Opportunity Management Institute (DEOMI). The survey was administered to assess the impact of change on both our resident and employee population. Results from the Climate Survey will clearly identify our strengths, as well as areas we need to improve on.

The survey you completed was actually one part of the Climate Survey. After the DEOMI staff has an opportunity to analyze the survey results from both the resident and employee surveys, representatives of DEOMI will again come on-site and conduct FOCUS Groups and interviews with residents and employees in separate forums.

Again, thank you for participating and, as promised, we plan to share survey results with you when they become available.

Timothy Cox

New residents at AFRH-G

Census: 574 as of April 26, 2005

Reginald Fletcher	USN
Louis Downey	USN
Robert Bates	USN
Maurice Gadbois	USN
William Buck	USN

New residents at AFRH-W

Census: 977 as of April 26, 2005

Ulysses G. Lyon	USA
James E. Owens	USAF
Jack F. Williams	USAF
Paul S. Harvey	USA
Edward C. Loyd	USA
Paris L. Mcallister	USAF/USMC
Harold R. Moore	USN/USMC
Jack L. Hall	USN
Hugo P. Pine	USA
James E. Abrams	USAF
Warren W. Penney	USN
Daniel M. Bloom	USMC
Charles C. Genter	USAF
Wayne W. Whittle	USN
Earnest Fowler, Jr.	USAF/USN
John J. Milne	USA/USAF
William Morton	USAF
Henry J. Paskowski	USA/USN
Alexander T. Picard	USN
John E. Walsh	USAF/USN

Universal Telephone System

AFRH is implementing a universal telephone system for the Washington and Gulfport campuses which will replace the current phone systems and will be available later this calendar year. The new system will include the residents and the employees and will result in a substantial cost and time savings for residents. The standard features of the system are offered at no cost to the residents and will include intercampus calling, voice-mail, healthcheck and caller ID (your phone must support this feature). However, special features such as local, long distance, call forwarding, caller ID Block, *69, Call Waiting, 3 way calling, and message waiting will be available for a nominal fee as discussed with the RAC. In order to utilize the new system, residents may elect to purchase their own analog phone or use the current AFRH's house phone.

"Growing" from Page 2

We didn't achieve the results referred to in the preceding paragraph without effort. I'm reminded of the story about the little girl who asked her Grandfather, "Granpa, why do people say you are wise?" Her Grandfather replied, "Because I don't make many mistakes." The little girl asked, "How did you learn not to make mistakes?" His reply, "By making mistakes." I guess I don't have to tell you the moral of the story.

Since my arrival here eighteen years ago I have seen constant progress and improvement. How many of you remember the days when we didn't have air-conditioning? I do. There's only two good places — the place you're coming from and the place you're going to.

So here we are — April 28, 2005. The newspaper has grown through the years to where it now has a place in the hearts and minds of the residents and staff of AFRH. Many dedicated people have contributed their time and energies to what you now have in front of you.

Enjoy your paper!

Office of the Director



As hard as it is to believe, the month of April is rapidly coming to a close. As I watch the days on the calendar fly by, it seems like only yesterday that we were scurrying to

and from the building in coats and sweaters. Now, suddenly, we are at the onset of summer. I hope that all of you are taking the time to get outdoors to enjoy this spectacular weather and all that comes with it.

The transition from winter to spring to summer means more than just the changing seasons. Spring is a time of rebirth. Trees and flowers miraculously come back to life. The birds, seemingly dormant for most of the winter, sing joyously as they go about their day. Even the squirrels seem move lively as they dart from tree to tree in search of something to eat.

And just like the outdoors, spring can also be the perfect time for all of us to "seasonalize" our attire to warmth. Our heavier and darker clothes give way to lighter and brighter ones. While we are making the adjustment, it may be also quite useful to purge our closets of articles that aren't the most complimentary for

us. You know, those items that are stained, or uncomfortably fitting fashions. Reviewing and updating our wardrobe for serviceability contributes vastly to quality living in our community setting. Our appearance remains an important detail to everyone significant in our lives. Our choices tell a lot about us.

"How a person feels about their self inside is almost always reflected on the outside..."

Colors, designs, style, combinations and the like communicate various messages to those who have come to know us. As colored shirts, scarfs, jeans, sandals and other selections become a person's hallmark, it becomes noticeable to all present when a radical departure from the same starts. Through the appropriate one-on-one relationships with you, please find it acceptable for our polite and nurturing staff to inquire. We know that you want the "outside" to reflect the best of your inner feelings.

How a person feels about their self inside is almost always reflected in how they let themselves look on the outside. Applying the cliché "if you look good, you feel good," is not a bad idea. Starting

your day dressing sharply and cheerfully greeting your neighbors as you gather for breakfast will set the tone for an upbeat positive day. If you are feeling depressed or have a general lack of enthusiasm for the everyday life tasks, I urge you to seek help. We have on hand a professional group of people that are trained to give you the support you may need. Sometimes just talking to someone about your concerns helps. Notice the people around you, too. One of the advantages to living together the way we do is that we have many people surrounding us every day looking out for our welfare. In that way, we truly are one big happy family.

So as you step out and enjoy the season changing around you, take the time to give yourself a quick check-up. We all go through changes as we age. It's best to be aware of these changes and question things that might appear out of the ordinary. One day of feeling lethargic and tired might be considered perfectly normal but a series of days like this might be a signal for something more serious. You know yourself and your body better than anyone else. Trust your judgment. And remember, there is always someone on hand to answer your questions and direct you to the appropriate source of help.

Captain Jerald Ulmer

Ask the Chief Financial Officer

If you have questions about AFRH please submit them in writing to the CFO.

Mailing information:

AFRH

Public Affairs #1305

3700 N. Capitol Street, NW

Washington, DC 20011-8400

or e-mail

publicaffairs@afrh.gov

*Please submit your name and contact information for a response.

Results of JCAHO Inspection**AFRH-G meets accreditation standards**

Earlier this month, AFRH-G hosted inspectors from the Joint Commission of Accreditation of Healthcare Organizations (JCAHO). The purpose of the inspection was to ensure compliance with JCAHO national standards for health care quality and safety.

"We were successful in achieving accreditation," said Melanie Baker, AFRH-G's Health Care Administrator. "It was a thorough on-site review, and the result is a validation of our commitment to meeting rigorous national standards on a continual basis."

The JCAHO team reviewed the

Outpatient Clinic (Ambulatory Care), the Health Care Center and the Assisted Living Unit.

The award of accreditation is for a three year period ending in 2008.

"Although the term of the accreditation is for the next three years, our focus will be on continuous standards compliance and we will strive to maintain a constant state of survey readiness," Melanie stated.

Captain Jerald Ulmer, AFRH-G Director, agreed stating, "Our ongoing compliance with Joint Commission standards results in sound management prac-

tices in the day-to-day delivery of quality and safe care. Their survey is ultimately an independent audit of our facilities' commitment to continuous quality improvement."

Founded in 1951, the Joint Commission of Accreditation of Healthcare Organizations seeks to continuously improve the safety and quality of care provided to the public through the provision of health care accreditation and related services that support performance improvement in health care organizations. The Joint Commission evaluates and accredits more than 15,000 health care organizations and programs in the United States.

Office of the Deputy Director**Pulling into Port!**

Hello again, today I will discuss what you can expect in the next year, two years, and even three years out with respect to renovations,

although my scope gets a bit foggy that far out! To use some Navy terms, we have essentially pulled into port with the completion of several renovation projects but are also readying to start new projects on what amounts to our next major effort. First, a brief recap on recent renovation projects. By now the renovated Dental and Optometry clinics have opened and many of you have seen the facilities. They are modern facilities featuring current equipment and technology, they will really enhance the Dental and Eye care experiences here at Armed Forces Retirement Home – Washington (AFRH-W). The Dental and Optometry represent permanent renovation projects as compared to non-permanent projects to be discussed later on in this article. Permanent means modern, attractive, looks and feels like



"Modern dental chairs and equipment."

new! These facilities will serve us for the next several years without any additional improvements. Meanwhile, as discussed last time, work will continue on the new Medical clinics in the Scott building. That means access to Dental/Optometry clinics will be limited until the new Medical clinics opens in August 2005. For those that are able, we ask that you approach the Dental/Optometry clinics via the stairwell on the northwest corner of the Scott building, simply take that down to the basement floor of Scott, when you emerge you will be right in front of the clinic entrance and waiting area. For those not able to safely walk down stairs, you may enter the Dental/Optometry clinics from southwest corner of the Scott Bldg via the

double doors right outside the Scott lounge. This is only a temporary entrance to be used until August 2005, after that time everyone will be able to enter the clinic area from the basement lobby area right outside the Dining Hall entrance.

The Pipes move-out plan has completed as expected and discussed in my last article. The movement of over 70 Residents was required to empty Pipes and resulted in a lot of activity and also some excitement for our residents. A 2nd floor wing in LaGarde was upgraded with fire alarms and door control devices to house Memory Support/Dementia. Most of the Pipes Residents and staff were moved to a new, non-permanent, Assisted Living (AL) area on the 3rd floor, east wing of Scott, and a non-permanent clinical and Medical Records area on the 1st floor, east wing of Scott. In addition, a few Pipes residents were moved into LaGarde while a few Lagarde residents were moved up to Scott. You may wonder exactly what non-permanent means? It's a fair question. Well, non-permanent means we funded the repairs/reno-

**"Pulling into Port!"
continued on Page 15**

Then... and now... in Gulfport

Jim Beitman



Bob Carson



James Davidson



Joe Lavryk



John Milne



Marian Ritchie



Then... and now... in Washington

Faye Steele



Bernice Goldstein



Marjorie Forbes



John Gray



John Grimes



Charles Felder





OLDER AMERICANS MONTH
May 2005



Older Americans Month

"Administration on Aging to Celebrate Older Americans Month in May"

Our nation is in the midst of a boom in the aging population. Older people are living longer and staying healthier and more active much later in life. In 2011 the first wave of the 78 million baby boom generation turns 65. The 2005 Older Americans Month theme, "Celebrate Long-Term Living" was selected by the Administration on Aging (AoA) to recognize and honor the valuable contributions of older persons to their communities as they age. AoA is planning several activities and events in honor of Older Americans Month.

Promoting Healthy Lifestyles

"We are encouraging Americans of all ages to live healthier lives. Healthy living can prevent diseases and certain disabilities, and it can ensure that today's older persons – as well as future generations – not only live longer, but also better."

-Josefina G. Carbonell

Assistant Secretary of Aging

Soldier's perform once again at AFRH-W



By Laura R. Fogarty (W)

On March 28, 2005 the residents were given another opportunity to see a live performance by active duty soldiers in our Scott Theater. This popular satire titled History of America (Abridged) was a big hit as the residents enjoyed the show. After the performance the soldiers and residents enjoyed refreshments and stories together. This performance is apart of the Army Entertainment productions (BRAVO COMPANY) and had toured all over the world to entertain the troops.

Ukrainian Easter Eggs



Edith Ellington (W)

Edith Ellington began making the Ukrainian Easter eggs in the traditional way – with raw eggs, wax and dye about five years ago. Her daughter gave her a kit for her birthday and she enjoyed making them.

When she came to AFRH-W, she started working in the Ceramic Shop. They had a mold for eggs and she started painting them in the Ukrainian designs with acrylic paint. This has become a yearly project for her.

U. S. Grocery Prices

*Cost for 1lbs of the following: hamburger, rice, oranges, sugar, all purpose flour, chocolate, butter, potatoes, corn, peanut butter, coffee, whole chicken. Cost for other items: 1 gallon of milk and one egg.

US City	Hamburger	Rice	Oranges	Sugar	Flour	Milk	Chocolate	Potatoes	Butter	Corn	Peanut Butter	Coffee	Chicken	Eggs
Salt Lake City, UT	\$1.49	\$1.50	\$0.49	\$0.27	\$0.20	\$1.00	\$2.88	\$0.19	\$2.50	\$0.50	\$2.99	\$3.20	\$5.00	\$0.06
Winter Springs, FL	\$4.51	\$0.85	\$1.21	\$0.54	\$0.63	\$4.43	\$5.65	\$0.92	\$3.71	\$1.59	\$2.29	\$5.19	\$1.63	\$0.12
San Antonio, TX	\$3.74	\$2.25	\$2.35	\$0.99	\$2.25	\$1.99	\$1.99	\$1.99	\$0.99	\$1.99	\$1.00	\$3.99	\$3.94	\$0.18
Odenton, MD	\$2.49	\$0.65	\$1.38	\$0.75	\$0.57	\$2.99	\$0.69	\$0.59	\$2.00	\$1.99	\$2.55	\$5.59	\$1.99	\$0.08
San Diego, CA	\$1.25	\$1.50	\$0.69	\$1.00	\$1.50	\$1.99	\$1.80	\$1.50	\$1.19	\$1.00	\$1.20	\$1.00	\$2.99	\$0.27
Indianapolis, IN	\$0.99	\$0.85	\$0.49	\$0.33	\$0.13	\$1.00	\$1.44	\$0.95	\$0.50	\$0.34	\$1.01	\$1.07	\$4.79	\$0.03
New Orleans, LA	\$1.25	\$0.89	\$1.00	\$1.99	\$1.99	\$2.00	\$0.99	\$0.99	\$0.89	\$1.00	\$1.99	\$1.25	\$1.99	\$0.50
Philadelphia, PA	\$1.99	\$0.99	\$0.89	\$1.99	\$0.99	\$2.49	\$1.89	\$2.99	\$1.99	\$0.99	\$1.49	\$1.39	\$3.49	\$0.25
Houston, TX	\$2.59	\$1.19	\$0.89	\$1.00	\$0.89	\$2.69	\$1.59	\$0.89	\$0.99	\$1.19	\$2.39	\$1.19	\$3.59	\$0.10
Cope, SC	\$2.39	\$0.49	\$2.79	\$0.65	\$0.49	\$4.19	\$3.49	\$1.99	\$3.59	\$2.39	\$1.99	\$4.99	\$1.39	\$0.12
Alexandria, VA	\$2.49	\$0.85	\$0.66	\$0.52	\$0.37	\$3.28	\$6.03	\$0.62	\$2.80	\$1.65	\$1.68	\$3.20	\$1.80	\$0.12
Las Vegas, NV	\$3.83	\$0.69	\$1.24	\$1.29	\$3.02	\$2.65	\$5.90	\$0.48	\$3.94	\$0.55	\$2.00	\$5.00	\$1.75	\$0.21
Blackwood, NJ	\$3.25	\$3.50	\$1.75	\$2.00	\$2.00	\$2.60	\$2.99	\$0.70	\$1.75	\$1.00	\$1.60	\$3.99	\$2.99	\$0.12

U.S. Gas Price Average

National Unleaded Average	Regular	Mid	Premium	Diesel
Current Average	\$2.218	\$2.354	\$2.440	\$2.344
Month Ago Average	\$2.095	\$2.224	\$2.305	\$2.277
Year Ago Average	\$1.808	\$1.919	\$1.989	\$1.778

CCRC Cost

Grand Court Phoenix (Arizona)

Housing type: independent and assisted living (all of our apartments come unfurnished)

Amenities: Included in the rent for independent living is three meals per day, all of the utilities and numerous activities in and out of the community. Fee for telephone, weekly housekeeping and the cleaning of the flat linens and towels.

Cost:

-Studio is \$1995/ month.

-One bedroom apartment \$2325/ month.

*There is a one-time, nonrefundable community fee of \$1000

Orlando Lutheran Towers (Florida)

Housing type: independent and assisted living

Amenities: Included in the rent for independent living is one-meal per day, all of the utilities and numerous activities in and out of the community. Fee for telephone, weekly housekeeping and the cleaning of the flat linens and towels.

Cost:

-Entry fee: \$46,500

-Studio is \$1200/ month.

-One bedroom apartment \$1558/ month.

Forum Pueblo Norte

Housing type: independent and assisted living

Amenities: Included in the rent for independent living is one meal per day, all of the utilities and numerous activities in and out of the community. Fee for telephone, weekly housekeeping and the cleaning of the flat linens and towels.

Cost:

-Deposit: \$750

-Studio is \$1900 month.

-One bedroom apartment \$2175/ month.

An Unforgettable European Trip

By Ludwig Olson (W)

When taking vacation trips, I balk at the thought of guided tours arranged by travel agents. Traveling to various places without a fixed plan and timetable is more in keeping with the love of freedom and adventure handed down by my Viking ancestors.

With the above deeply entrenched feeling, I took a trip to Europe in July, 1974, accompanied by my wife and a few other family members.

Our first stop was the airport near Frankfurt, Germany, where relatives were on hand to greet us. After a visit in a town near Frankfurt, a relative drove us to Oberndorf am Neckar, a village in the picturesque Black Forest region of southwestern Germany.

In Oberndorf, we visited the Mauser Works and the Mauser Arms Museum where I took many photos and gathered information for my book on Mauser rifles. I interviewed Professor Ferdinand Feederle, the Museum curator, and Doctor Rolf Gminder, who was in charge of the sporting arms division. The Mauser Works was once a principal producer of military rifles and handguns for many nations, but that part of the huge factory was destroyed after World War II during the French occupation.

Following the Oberndorf visit, my son, Bob, and I traveled by train to Paris where we saw the Eiffel tower, Louvre art gallery, and several other tourist attractions. Getting around Paris by subway is cheap and efficient.

The next leg of the journey was to Copenhagen, Denmark, by night train. We visited the Tivoli Gardens, a large amusement park in downtown Copenhagen, and were amazed by the



Hegge stave church from the rear.

Located about 1-1/2 miles from Langedal farm, this church dates to the 1100's, and possibly earlier. Grandpa Olson attended church here.

large number of elegant shops on the thoroughfare. Copenhagen is called "The Paris of the north."

After a few days in Copenhagen, we went to Sweden by train and car ferry. Many Swedish dairy farms have red wooden barns and white wooden houses much like in the U. S. The food was generally excellent, especially the coffee and doughnuts reputed to be the world's finest.

Our train followed along the western coast of Sweden and soon arrived in Norway where we have many second cousins. One of them was Sigrunn Hendricksen who greeted us at the train station in Fredrikstad. Sigrunn was a concert pianist, and entertained us by playing beautiful classical melodies on her baby grand. Fredrikstad is the cultural center of Norway.

We next went to Oslo where we met a cousin, Kristoffer Bogsti, who was a resistance fighter during the German occupation in World War II. He took us to the Viking Hall of Ships. They were

grave ships buried many centuries ago with bodies of Viking kings and queens. During the 1800's, those ships were dug up and expertly restored. It was a spooky place.

Kristoffer took us to the Valdres region northwest of Oslo where my grandfather Olson was born in 1845. After visits with relatives, we climbed the Skaget mountain in the region. The Hegge stave church where my grandfather Olson was baptized dates back to about 1100, and likely even earlier.

One of the Valdres cousins took us in his car to Gol where we boarded a train for Bergen, a port city. We then went by highspeed boat to Stavanger on the southwest coast. From there we traveled by train to Kristiansand in the southernmost part of Norway. We then drove in a rental car to a farm in Birkenes Parish where my grandfather, Samuel Aanonsen, was born in 1840. The house, partly of log construction, was built in the first part of the 17th century. Both house and barn were in the same building so that body heat from the farm animals helped keep the house warm in the winter.

An express train then took us up to Drammen, west of Oslo, where we visited our cousin, Kjell Thoen (pronounced shell tune) and family. The Thoen wholesale bakery and confectionery is the leading establishment of its kind in southern Norway. Kjell is a world traveler with command of several languages, and has made many trips to the U. S.

Our trip came to an end after we traveled by train to Frankfurt, Germany, and then by plane to the U. S. It was a most enjoyable adventure which will long be remembered.

'Ageless Hero' from page 1

itary, Corrine in 1971 was recognized for her extensive community service. She was also selected as the Military Wife of the Year.

In 2000, Corrine formed WAVES National Unit #150, the first in Mississippi. This unit consists of women who have served or are serving in one of the Sea Services. Unit 150 is dedicated to providing assistance to female veterans who are in hospitals and in need. The unit's monthly charities include Women's Center for Non-Violence, Fisher House, Hope Have for abused and neglected children, Ronald McDonald House, a scholarship program for military children, and veterans of Biloxi and Gulfport VA Medical Centers. Corrine is also involved in Toys for Tots and Shoe Box Christmas ministry.

Corrine has long served as a Red Cross Disaster Relief responder and has been sent to disaster areas all over the country. She was deployed to the Pentagon disaster site after 9/11 where she was the only Mississippi volunteer to work in the center courtyard.

For the third year, Corrine is serving as the Community



Jeff Lawson, a WLOX-TV newscaster, interviews Corrine at the Hattiesburg Convention Center.



The Robinson family gathers for a photo at AFRH-G before leaving for Hattiesburg.

Service Chair of Gulf Coast Newcomers Club, collecting clothing and toiletries for the Women's Center for Non-Violence and delivering baskets of food and gifts, all donated by members, to families at Christmas and Thanksgiving.

She is Parliamentarian of the Gulf Coast Civic Club and as such chairs a project she initiated to renovate the Salvation Army women's shelter. She collects money and supplies to create personal bags for homeless women in the shelter.

She says about her volunteering, "There are so many organizations that need help and expertise. It's something I don't even think about. Helping others is what I do. I wouldn't know how to be any other way."

Intern finds 'perfect fit' at AFRH-G

Social Work Intern Ann Jenkins is wrapping up her internship here at AFRH-G this month. She is a graduate of the University of Southern Mississippi and will receive her masters degree this May. In previous positions she has worked with disabled babies and abused children, so working at the AFRH has been quite a change. Ann was raised in a military family and affectionately calls herself a "military brat."

"I felt right at home here working with military veterans," Ann said. "I have learned so much and this has given me so many opportunities to develop more social work skills."

During her four-month internship, Ann coordinated an agency-wide program regarding post traumatic stress disorder, she conducted an in-service on PTSD for staff and she developed a group

in the Health Care Unit.

Upon graduation, Ann plans to find employment working with veterans or active duty military. She recently moved back to the Gulf Coast from Texas

to be closer to family.

"I will truly miss the residents and staff," Ann said. "Everyone here has been so open and friendly. This placement was a perfect fit."



Ann Jenkins and residents Marvin Lester (left) and Joe Little spend some time outdoors talking and enjoying the beautiful weather. During Ann's internship as a social worker, Ann got the opportunity to get to know many of the residents.

“Spring Is In The Air”

By Carol Mitchell (W)

Friday, April 15, 2005....Not only was it Tax Day it was the AFRH-W “Spring Is In The Air” Fashion Show held in the Scott Auditorium. Thanks to the residents, employees, and a couple of great local volunteers from Universal Ballet Academy the fashion show was a wonderful success.

Fashion Show Highlights:

*Recreation Team Leader Keith Howard kept the show all together and running smoothly as the Master of Ceremonies.

*Resident Donna Steiger opened the show in exquisite authentic western wear.

*Chief of Leisure & Wellness Laura Fogarty walked the catwalk in a beautiful white crocheted cocktail dress and causal spring attire.

*Resident Jean Ringuette graced our runway in designer outfits by “Syrus”.

*Resident Paul Schlitte sported elegant suits made in Italy and the USA.

*Recreation Therapist Carol Mitchell modeled a variety semi-formal and formal attire.

*Resident Jessie James looked debonair in a Dark Blue Nautica Suit and silk red tie.

*Volunteer Camille Morgan modeled both semi-formal and tennis attire bringing back memories of our younger years.

*Resident Bill Jentarra who thankfully created and operated our runway music also modeled golf wear....although if you think fire engine red pants, a bright blue and yellow patterned long sleeve shirt, and a golf stick in hand should be what a golfer looks like??? *Volunteer Angel Willock modeled with elegance and style both formal and casual wear. Her outfits were complimented with beautifully designed matching hats.

*Sports Specialist Jerry Carter and Resident Ronald Miller teamed up and wore Washington Nationals and Washington Redskins sports attire

*Chief of Recreation Therapy Ricky Langford went from modeling a Pierre Cardon Tuxedo and Tony Lama boots to ending our show in wacky swimwear and accessories.

*Special thanks to all the volunteers and employees who helped make this fashion show an exciting event.

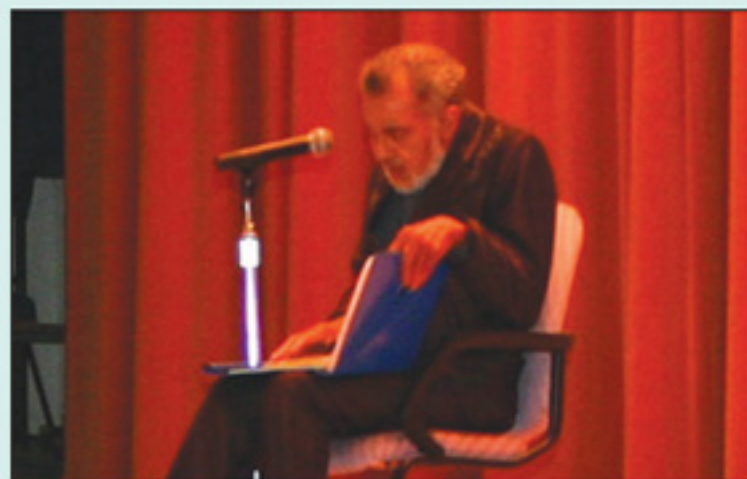


Talent show receives a standing ovation

By Keith Turner (W)

The AFRH-W held their 2nd Annual “Star Search” talent show on Thursday, March 31. A beautiful moonlight set the stage for an evening full of future stars. The show involved a wide range of entertainment so everyone in the audience related to at least one, if not more, of the performing acts. The crowd entered into the theater to the classy music playing (on the keyboards) from Bernice “Goldie” Goldstein who seems to have that magic touch every time she gets on the keyboards. The show opened up on a high note with a 17 year old named Gabe Hess, from Universal Academy, on the piano. An AFRH-W resident named Eugene Hill Jr. followed with his Poet/Prose. Next, Byron Stavrides entertained the audience on the keyboards and comedian “J-Raz” entertained the crowd with his jokes. Zachary Hess (the younger brother of Gabe Hess) displayed how talented he was on the piano, followed by Carter Anderson (a talented R&B singer) who came off stage to romance the ladies in the crowd. Raymond Anderson surprised many in the crowd with his talented keyboard playing. And Frank Migala, the host of the evening, was loaded with his funny jokes. However, Frank didn’t just end the show with all of the talent that we’ve named, he closed the show out with “Ray Charles and the Raylettes”, who along with the other performers, was very entertaining and received a standing ovation.

Overall the show sent the residents home talking nothing but good things about their favorite groups, many requesting an encore.



Tuskegee Airmen Painting at AFRH-W



By Warren Helm (W)

The Tuskegee Airmen painting was commissioned and completed in June 2004 by artist Warren Helm. The painting is entitled "Perfect Season" depicting an arial escort of a bombing mission in which there was a surprise attack by German Fighters only to be surprised themselves by the Tuskegee Airmen who were protecting the bombers.

Through their heroic deeds above and beyond the call of duty not one bomber was lost.

The painting now hangs in the Library of the Scott Building. The painting originated from a request by residents Jon Dewley and Robert Hill in memory of those brave men.

AFRH-W Contributing to their Community



By Melodie Menke (W)

St. John's Community Service School for Disabled Adults came to AFRH-W one year ago. The Program Director of Life Options, Kim Walker, was driving by the Home one day and it hit her, "The military has always been about reaching your potential, would the veterans be able to accept St. John students and help them reach their potential?" She thought, "The military accepts change quickly and they know that life happens. One day you are fine, a healthy young man and the next day a drunk driver and a dangerous automobile accident can make you mentally handicapped for the rest of your life."

St. John students and their parents know how quickly life can change. Working with the community to learn basic life skills means all the difference in the world. These skills can lead to being in a group home and that is peace of mind to aging parents. That is the goal of the goal for the students of St. Johns – to be independent enough to be put in a group home.

"When I first approached Melody about working

with us she was very helpful having worked in the past with active duty military families with disabilities but she was also hesitant about how the St. John students would be accepted and what work they would be able to accomplish," Ms. Walker remembered.

That was one year ago and remarkably, the original St. Johns students are still at AFRH-W. Melodie Menke, Director of Volunteer Services at AFRH-W, has watched them learn and grow.

"Jim is very talkative and likes everyone and he'll tell you that," Melodie stated. "Mark is the one who has every date down; he can tell you when any holidays are. Yugo is quiet, always listening but never saying much but he is an expert at putting mail in the correct boxes. Geoffrey literally listens to the beat of a different drum but at least once a day he will leave his own world and suddenly say a sentence that can melt the toughest of hearts. He says "I love you."

"The students have learned the routine at AFRH-W from dusting library bookshelves to sorting their section of mail in the mailroom and making independent food selections in the dining hall," Melodie continued.

"I cannot thank the people of the Armed Forces Retirement Home enough," Ms. Walker said. "Mr. Cox, Captain Ulmer, Melodie Menke, Ed Underwood, Jerry Carter, the mail room crew, Chuck Dickerson and Becky Perry and all the wonderful veterans for helping make a difference in the lives of these four young men. And as one of our students always says, "I get to work at the Ole Soldier's Home – they fought for me!" Thank you to all at AFRH-W for still continuing to fight to contribute to the quality of life in our community."

"Pulling into Port!" from page 5

variations needed to use those areas for AL, clinics, and medical records, but we re-used existing walls, floors, ceilings vice tearing them all down to build anew. Rather than calling the



Resident Leslea Pidgeon doing her room packing in LaGarde ahead of her move into the Scott Assisted Living Area.

new areas non-permanent, I could have called them "temporary". However, in the Armed Services calling a building or area "temporary" is probably the

surest way to guarantee you'll be in there forever. There are several examples of 20+ year old "temporary" buildings in the Navy. So let's use the "non-permanent" label!

When you compare the renovated Scott east wing areas to the old Pipes area, you can see that Scott still represents a



Captain Soares conducts meeting on-site with AFRH-W staff during actual move-in of Scott Assisted Living.

major improvement in terms of heating, cooling, and overall building condition. We expect to use these renovated Scott areas for three years or less. Specifically, when the Medical clinics (discussed in

paragraph one above) open in August of 2005, then the current Community Health clinics (including those just moved clinics) and Medical Records will move into their new and permanent Medical Clinic area. Once the 1st Floor, east wing area empties, then the 1st and 2nd floor, east wing of Scott will be completely empty. Those areas will then be closed off to start their renovation work which will convert them into permanent AL and Memory Support/Dementia areas. This renovation project will go well into 2006, possibly even 2007 and cost a few million dollars to complete. Upon completion of the permanent renovations of the 1st and 2nd floors, east wing of Scott, then the current, 3rd floor AL occupants will be emptied into the 1st or 2nd floor area. That will leave the 3rd floor completely empty and ready to go into it's permanent renovation work which will like-

ly be for usage by Independent Living residents. When third floor completes then the renovation work will likely continue onto 4th floor and then onto succeeding floors in a leapfrog fashion from year to year.

Well, I have nearly reached the end of my tour at the Armed Forces Retirement Home – Washington (AFRH-W) and will be transferring to the Naval Education and Training Center (NETC) in Pensacola, Florida this July 2005 as discussed in my last article. My last real workday will be June 3rd, 2005. I will attend the University of Virginia from June 6th until July 1st, 2005 as part of a Navy funded Executive Education program. I will return to AFRH-W for the week of July 4th to conduct a turnover with my relief, Commander (CDR) Timothy Burns. CDR Burns shares the same career path and qualifications as mine in that he is a Navy Civil Engineer Corps Officer, Licensed Professional Engineer, Acquisition Professional, Level III Certified Contracting Officer, and a Seabee Combat Warfare Officer. He is a native of South Windsor, Connecticut and received his Bachelor of Science degree in Civil Engineering from The University of Connecticut and a Master of Science degree in Civil Engineering from the University of Washington. CDR Burns will be a super addition to the AFRH-W team!

In closing, it has really been my pleasure to work together with residents and Staff on such a meaningful task as "Caring for our Heroes". The tasks here have been challenging but rewarding, difficult but also doable for the most part. We have seen a lot of change together over the past two years and things have improved in many ways in terms of better service and/or lower cost. I have sincerely enjoyed meeting, talking, and heling the many residents I have personally met over the past two years. Working here has allowed me to better understand what my not-to-distant years will be like, it's been a rare and unique opportunity for me. I saw how good those years can be, but also, how strong and determined people endure the physical ailments and limits that the passage of time places upon all of us. I know now that it is not always easy, yet so many Residents seem to excel in giving and getting the most life has to offer! I wish each and every one of you the best fortune possible, please keep your ideas and suggestions coming to my successors, they can always use another good suggestion now and then. To the outstanding staff here at AFRH-W, thank you for making my job so much easier and productive. We worked hard and accomplished much to the benefit of our Residents and we managed to enjoy the time together as well, cannot do much better than that. I wish you fair winds and following seas as you continue your efforts in "Caring for our Heroes" here at AFRH-W.

Captain Paul Soares

SBU thanks residents for charting the course

Several members of Special Boat Team 22 stationed at Stennis Space Center in Bay St. Louis, Miss., recently visited the AFRH-G. During their visit, SBU-22 presented a "SPECWAR Oar" to the residents.

During the summer of 2003, a group of residents were invited for a tour of the team's new facility and a first-hand look at some of the equipment they use to perform their various missions. There are several residents here with special ops experience that laid the groundwork for our special operations forces of today. According to members of SBU-22, the presentation of the Oar to the residents of AFRH-G is a small thank you for leading by example and charting the course for success.



Henry Pike shows Mary Allen the SPECWAR Oar that was presented to the residents of AFRH-G by Special Boat Team 22.

Heads Up

The AFRH-G Recreation Services has scheduled some great things for the month of May. Here are some upcoming events that you will want to mark on your calendar.

Spring Games will get kicked off in May. Some of the events offered this go-round are outdoor shuffleboard, predictability walk, bocce, croquet, closest to the pin and lowest average, football and softball throw, outdoor washer toss, relay race and bowling. Overall awards will be given for the first three places but also residents that compete in at least four events will receive a collared AFRH shirt.

May 12 - the International Folk Dance Ensemble Performance, 9 a.m., in the Ballroom. Dancers of Brigham Young University will present an authentic display of folk traditions in an array of colorful costumes and beautiful choreography.

May 13 - Keesler Air Force Base Retiree Appreciation Day. The event includes breakfast with trainees, health and information booths, speakers, front-of-the-line service at various base offices, a barbecue, free boat rides and sales at the base exchange and commissary.

May 14 - Naval Aviation Vocal Team Performance in Ballroom at 1 p.m.

May 19 - tour of the Schooner Joshua, the official tall ship of the City of Mobile, Alabama.

May 26 - Memorial Day Picnic

May 28 - Sounds by the Sea - USM Gulf Coast Campus. This is a free event. Annual Outdoor Pops concert performed by the Gulf Coast Symphony.

There are also the normal monthly shopping trips, bingo and other regular activities. Get a copy of the May activities calendar and keep it handy in your room. You can also stay tuned to Channel 80 for a list of upcoming activities and watch the Plan of the Week.

Ken's Computer Corner

Being clean is cool

Being Clean is Cool has real meaning when it comes to keeping your computer up and running. It's a nice sentiment, but reality is more like "Take good care of your PC and it won't crash, lose your data, and cost you big repair cost." Your PC's two mortal enemies are heat and moisture. Excess heat accelerates the deterioration of the delicate circuits in your system. The most common causes of overheating are dust and dirt: Clogged vents and CPU cooling fans can keep heat-dissipating air from moving through the case, and even a thin coating of dust or dirt can raise the temperature of your machine's components.

Any grime, but especially the residue of cigarette smoke, can corrode exposed metal contacts. That's why it pays to keep your system clean, inside and out. When I open a computer that has been in operation for six or more months, I am astonished by the amount of dust and dirt that has been sucked into the computers. Most computers draw cool air into the front of the computer and suck the warm air out the back. All you need are lint-free wipes, a can of compressed air, an old toothbrush, a few drops of a mild cleaning solution such as Formula 409 or Simple Green in a bowl of water, and an antistatic wrist strap to protect your system when you clean inside the case.

Think Outside the Box: Before you get started cleaning, check around your PC for anything nearby that could raise its temperature (such as a heating duct or sunshine coming through a window). Also clear away anything that might fall on it or make it dirty, such as a bookcase or houseplants. Always turn off and unplug the system before you clean any of its components. Never apply any liquid directly to a component. Spray or pour the liquid on a lint-free cloth, and wipe the PC with the cloth.

Clean the case: Wipe the case and clear its ventilation ports of any obstruc-

See 'PC' next page

Residents look sharper thanks to AFRH-G hair stylist

A young Seabee while on work detail here in our Home, found time to visit our nice lady barber (Lena). He was so greatly impressed, and pleased, with the friendly and excellent service, that you can expect any day to see this young man and some of his shipmates to visit Lena again!

Many of us have been exposed to rush service in many barber shops, but there never seems to be a wait or rush at Lena's. She is always friendly and its like you are her only customer all day.

I've noticed that many of our residents are always well groomed, I expect that is because of our nice lady stylist Lena, who we always take for granted!! Thanks Lena!

A grateful resident



PC Maintenance: Four tips for longer PC life

1. Keep your PC in a smoke-free environment. Tobacco smoke can damage delicate contacts and circuits.

2. Leave your PC running. Powering up from a cold state is one of the most stressful things you can do to your system's components. If you don't want to leave your PC running all the time, use Windows' Power Management settings to put your machine into hibernation rather than completely shutting down. (Note that this option is not available on all PCs.)

3. Don't leave your monitor running. The best way to extend your display's life is to shut it off when it's not in use.

4. Avoid jostling the PC. Whenever you move your system, even if it's just across the desktop, make sure the machine is shut down and unplugged.

Portions of this article are from the August 2004 issue of PC World magazine.

'PC' from previous page

tions. I keep an old tooth brush around just for cleaning the air vents on computers. **Maintain your mechanical mouse:** When a roller ball mouse gets dirty, the pointer moves erratically. Unscrew the ring on the bottom of the unit and remove the ball. Then scrape the accumulated gunk off the two plastic rollers that are set 90 degrees apart inside the ball's housing. I recommend that you replace your mouse with an optical mouse. There is no opening in an optical mouse for dirt to enter and they last longer.

Keep a neat keyboard: Turn the keyboard upside down and shake it to clear the crumbs from between the keys. If that doesn't suffice, blast it (briefly) with compressed air. If your keys stick or your keyboard is really dirty, pry the keys off for easier cleaning. Computer shops have special tools for removing keys, but you can also pop them off by using two pencils with broken tips as

jumbo tweezers--just be sure to use a soft touch. Make a template of where your keys are located. I have seen keyboards that were cleaned and the keys incorrectly placed afterwards.

Make your monitor sparkle: Wipe the monitor case and clear its vents of obstructions, without pushing dust into the unit. Clean the screen with a standard glass cleaner and a lint-free cloth. Many LCDs can be cleaned with isopropyl alcohol; check with your LCD manufacturer. Wipe your LCD lightly: The underlying glass is fragile.

Check your power protection: Reseat the cables plugged into your surge protector. Check the unit's warning indicator, if it has one. Surge protectors may power your PC even after being compromised by a voltage spike (making your system susceptible to a second spike). If your power protector doesn't have a warning indicator and your area suffers frequent power outages, replace it with one that has such an indicator and is UL 1449 certified.

Inside the Box

I don't recommend that a novice open their computer case for cleaning. While it is possible for the novice to clean the inside of the computer, it is best left to someone that is a computer technician.

Before cracking open the case turn off the power and unplug your PC. Ground yourself before you touch anything inside to avoid destroying your circuitry with a static charge. If you don't have a grounding wrist strap, you can ground yourself by touching any of various household objects, such as a water pipe, a lamp, or another grounded electrical device. Be sure to unplug the power cord before you open the case.

Use antistatic wipes to remove dust from inside the case. Avoid touching any circuit-board surfaces. Pay close attention to the power-supply fan, as well as to the case and to CPU fans, if you have them. Spray these components with a blast of compressed air to loosen dust; but to remove the dust rather than rearrange it, you should use a small vacuum.

High school performance groups pay a visit



Douglas Byrd High School Orchestra

By Keith Turner (W)

Two different style performing groups visited the AFRH-W and put on two outstanding shows. The Douglas Byrd High School Orchestra from North Carolina, and the Central Davidson High School Band from Fayetteville N.C., left the residents applauding and wanting more.



Central Davidson High School Band

Ice Cream Social

By Rick Langford (W)

On Sunday March 13, 2005 the residents of King Health Center were treated to an Ice Cream Social, by the Boy Scouts of Troop #90. Eagle Scout candidate Joe Colburn organized the Social as part of his Eagle Scout Project. The residents enjoyed the ice cream and the socialization with all the young scouts. The scouts also provided live Musical entertainment for the residents.

Joe is a regular volunteer at the King Health Center on Sundays, where he and his father assist and escort residents to Sundays Religious Services.

We wish Joe well in his Eagle Scout Project and extend our thanks to him and all the scouts of Troop 90.



Francis (Woody) Woodham (W), a Korean Veteran who served in the 7th Regiment of the 1st Cavalry Division, and before that an Army Light-Heavy-Weight Champion Boxer when at Fort McNair, DC noted daughter Pamela' ("Pam the Right jaw") Mckeel. Woody and daughter Pam are wearing a George Foreman kimono. Woody's daughter Pamela (Pam), in boxer's stance, modeled the kimono before sending it to Woody.

Military Men

By Leslea Pidgeon (W)

Be proud of what you did
in service, no matter which
time frame or branch-
Your country needed you-
You answered the call-
You served it well, in times
of war and peace-we have our
freedoms to enjoy now.
Because of you now, you can
stand tall.

Know any pilots?

By Fred Fayerweather (W)

After every flight, Qantas pilots fill out a form, called a "gripe sheet," which tells mechanics about problems with the aircraft. The mechanics correct the problems, document their repairs on the form, and then pilots review the gripe sheets before the next flight.

Never let it be said that ground crews lack a sense of humor. Here are some actual maintenance complaints submitted by Qantas' pilots (marked with a P) and the solutions recorded (marked with an S) by maintenance engineers.

By the way, Qantas is the only major airline that has never had an accident ... **Enjoy!**

P: Left inside main tire almost needs replacement.

S: Almost replaced left inside main tire.

P: Test flight OK, except auto-land very rough.

S: Auto-land not installed on this aircraft.

P: Something loose in cockpit.

S: Something tightened in cockpit.

P: Dead bugs on windshield.

S: Live bugs on back-order.

P: Autopilot in altitude-hold mode produces a 200 feet per minute descent.

S: Cannot reproduce problem on ground.

P: Evidence of leak on right main landing gear.

S: Evidence removed.

P: DME volume unbelievably loud.

S: DME volume set to more believable level.

P: Friction locks cause throttle levers to stick.

S: That's what they're for.

P: IFF inoperative.

S: IFF always inoperative in OFF mode.

P: Suspected crack in windshield.

S: Suspect you're right.

P: Number 3 engine missing.

S: Engine found on right wing after brief search.

P: Aircraft handles funny. (I love this one!)

S: Aircraft warned to straighten up, fly right, and be serious.

P: Target radar hums.

S: Reprogrammed target radar with lyrics.

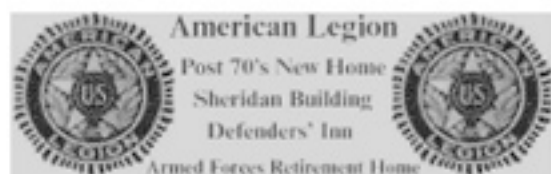
P: Mouse in cockpit.

S: Cat installed.

And the best one for last.....

P: Noise coming from under instrument panel. Sounds like a midget pounding on something with a hammer.

S: Took hammer away from midget.



Regular Monthly Meeting
First Saturday of each month

10:00 am

**Coffee and refreshments
for members and guests**

Contact Ed Stites, Sheridan 5005

Election of Officers for year 2005 to 2006 shall be held at the May 7 regular monthly meeting.

Any member in good standing is encouraged to run for elected offices of Post Commander, Senior Vice Commander, and Junior Vice Commander. The other Officers will be appointed at that time.

"MAKING IT HAPPEN"

By Jerry Carter (W)

In September 2002, a 363 pound man moved into AFRH-W, Bill Seeley. Now after shedding 143 pounds, Bill is an inspiration to many residents who attend the fitness center. Through a dedicated exercise program, beginning in December 2003, Bill began to lose weight. Exercising daily, he took advantage of the fitness center equipment. As a result, his medical condition, hyatal hernia healed on its own. Currently, Bill weights a healthy 220 pounds! Way to go Bill.

William Seeley



Capital City Local Chapter #36 Fire Fighters Say Thank You

By Laura Fogarty (W)

Recently Fire Fighter Timothy Jones came to the Home to present certificates of appreciation to staff and employees who assisted with the coordination of The 1ST Annual Antique Fire Apparatus Show.

This event was held in November and was enjoyed by many residents. The following people are to be commended for a job well done: Al Linton, John Roberts, Joe Williams, Ray Anderson, Howard (Keith) Turner and Jacqueline Bell.



Armed Forces Retirement Home-Washington History

Anderson Cottage



Anderson Cottage built in 1842 home of George W. Riggs and family.

Sheila Motley (W)

Allen Frazier (W)

This house, built in 1842-43 as the George W. Riggs family home, is the sole surviving structure on the original tract of land as it was purchased for the Soldiers' Home from Riggs who went on to establish the famous Riggs National Bank in Washington, D.C. In 1851, the cottage and farm land surrounding it was purchased by the government to form the core of what is today the Armed Forces Retirement Home. Original specifications for the house, located at the Library of Congress, show that it consisted of what is presently the central core of the existing house. Views of the house from the early 1860s show that it appears today much as it did at that time. The significance of the house is four-fold.

Anderson Cottage today forms the historic core of the Home. Listing on the National Register of Historic Places recognizes the Home's military and social significance. The Home, when it was established in 1851, was the first attempt to provide for retired or disabled members of the regular army. It has continued serving in this capacity and is now the sole survivor of the original three asylums



President Lincoln wrote the last draft of the Emancipation Proclamation (ca. 1860s)

established in 1851.

President James Buchanan, a veteran of the War of 1812, chose to use the Riggs House as a summer residence. It was at this time, 1859, that the Asylum changed its name to the "Old Soldiers' Home. In fact, Lincoln spent one-fourth of his presidency here at the Soldiers' Home, and it was here that he wrote the last draft of the Emancipation



The Home's Band was quartered in Anderson Cottage in 1896.

form, and today is a rare example of an Early Gothic Revival structure of its period in the Washington, DC area. It is an excellent example of those concepts which define the rural Gothic cottage in Andrew Jackson Downing's Cottage Residences. It is an early rendition of the style; in fact the original core of the house may have had Gothic elements which date from 1842, the year that Downing's book was first published.

A newspaper clipping from 1851 described the Riggs' landscape as a "beautiful pleasure ground" with an "appearance of natural beauty rather than artificial adornments," complete with "lovely undulations, little forest dell, perfect roadways, and velvet lawns with gay flowers." This pastoral setting, with its picturesque dwelling set in its northern heights, was soon transformed into the formal Military Asylum.

The National Trust for Historic Preservation is working to restore the Cottage to the Lincoln period and open it up as an historic education center for the Civil War, President Lincoln and African-American history. The Anderson Cottage was re-named Lincoln Cottage by Presidential Executive Order in 2000.



Proclamation. Anderson Cottage has strong architectural significance. It stands today as a well-integrated example of the 19th century Early Gothic Revival style as applied to residential Building. It is significant because it is substantially intact to its mid-19th century



Bill
Adams
(W)
Sez:

THE TRUTH

Your assignment on this planet is to enhance the part of the world you were put in charge of. You keep that world free by living and speaking the truth.

Whatever else you believe, this is the attitude that will lead you to find happiness and fulfillment in life.

An unknown author has penned these wise and thought-provoking words:

I would rather have one little rose

From the garden of a friend
Than to have the choicest flowers
When my stay on earth must end.

I would rather have a pleasant word
In kindness said to me
Than flatten' when my heart is still,
And life has ceased to be.

I would rather have a loving smile
From friends I know are true
Than tears shed 'round my casket
When to this world I bid adieu.
Bring me all your flowers today,
Whether pink, or white, or red,
I'd rather have one blossom now
Than a truckload when I'm dead.

Recalling the good qualities of deceased friends or relatives at their funeral is appropriate, but how much better to give sincere praise to them while they are still living. It may be the encouragement they desperately need.

As the apostle Paul closed his letter to the Romans, he publicly commended those who had helped and encouraged him in the work of the gospel. He not only greeted them by name, but he also expressed his gratitude for what they had done (16:11-15). What an example for all of us to follow!

Do you owe someone a word of thanks or appreciation? Don't put it off. Say it today. Tomorrow may be too late.

Bangkok, Bombay, or Shanghai

By Theodore R. Wilson (W)

While waiting in a crowded lobby for a trip to Atlantic City one weekend, I engaged some others present in a conversation about places to go. We agreed that our world offers an unlimited number of attractive destinations depending upon one's preferences. Many are not even on our continent and quite some distance from our location here in the nation's capital.

Bangkok, Bombay, and Shanghai are all some of the "far away places" where we could realize one of our many fantasies born of that song so long ago. We might even visit the Forbidden City itself, circumstances permitting. These eastern temptations are all somewhat less intimidating than their western opposites like Berlin, Istanbul and Moscow. Most of us would feel that we were courting danger in visiting these cities simply from having seen more than our share of class-B movies. Their reputations of foreign intrigue, secret police and enemy agents would make us feel the need to take extra precautions while there. But a true danger seeker need not leave the Americas if that is their pleasure.

Our immediate neighbor to the south, Mexico, offers enough intrigue and excitement to accommodate any taste. Its attractions and challenges include the ancient pyramids, other archeology sites and an opportunity to survive the 20 million citizens of Mexico City to name some. But actually there is plenty of excitement and interest right here within the borders of our United States of America.

We have already mentioned Atlantic City. It offers an oceanfront beach, five-star restaurants, international entertainers and gambling. And for the geographical romantic, it is located in Atlantic county. This county might eventually take on the notoriety of some other counties in the country like Cook County, Illinois; Dade County, Florida; or Harland County, Kentucky; all of which would give us an opportunity to boast that we were there and survived the experience. For the moment though, outside the city, Atlantic County is just another sedate place in New Jersey where people say nothing happens.

Of course, there's Atlantic City's elder sister, Las Vegas. It welcomes us with open arms even suggesting that we might lose our inhibitions there and be somewhat naughty. People we know would never imagine us doing a thing like that but if it were to happen our friends would say "it was just one of those things." It's the kind of thing that happens at the New Orleans Mardi Gras or the Rio de Janeiro carnival. People have been known to forget themselves entirely in those places so we'd be terribly surprised to find ourselves there. We'd be much more liable to visit one of America's famous valleys. Valleys are usually wholesome and peaceful. The Delaware, Mohawk and San Joaquin valleys come to mind. All have histories worth knowing to those who are so inclined and all are places of noted tranquility.

Shangri la, too, was presented as a valley with those commendable features. However, we can no more visit Shangri la than we can visit Utopia. These places exist only in the far reaches of man's imagination.

But some places with a fictitious connotation do actually exist. For instance, along the northern suburb of Baltimore, Maryland is a street called "Yellow Brick Road." However, anyone going there and expecting to see Dorothy, Tin Man, Scarecrow and the Cowardly Lion skipping off to find the wizard will be sorely disappointed.





Receiving awards from the Association of Homes and Services for the Aging are:
(Left) Resident Irene Smith - Volunteer of the Year Award.

(Right) Staff member Shelley Schruff - Caring Hands Award.

Below is a group picture of AFRH staff, residents and family members in attendance at AHSA's awards ceremonies held last week in New Orleans.



Happy with family visit

AFRH-G resident Orville Lovik (far right) is pictured here with his two sons and a great grandbaby.

His children and their families were visiting with him here earlier this month.



AFRH-G residents treated to performance by local dance group



A group of ladies from the dance troupe "Tribe Benazin" performed for the residents earlier this month. The theater was full as both male and female residents enjoyed the show. The group is led by Zenia Hurrem, a Middle Eastern dancer, performer and instructor.



Crafted from hand

AFRH-G resident Howard Reeves puts the finishing touches on a rocking horse he made for his great granddaughter. Howard worked on this project for about a year-and-a-half, putting in five to six hours a week at the Wood Hobby Shop. The saddle and bridle are made using real leather and are miniature duplicates of the real thing.



Star Volunteers



Irene Smith



Pete Carter



Marion Wolke



Joe O'Carroll

All AFRH-G volunteers were honored with a reception last week. During the Volunteer Celebration, these residents were recognized for their outstanding volunteer service and civic participation. The hours they have logged in over the past three months does not include stipend hours.

Presidential Bronze Award

Pete Carter, 230 hours
Marion Wolke, 100 hours
Joe O'Carroll, 172 hours
Kenneth Willitts, 227 hours

Presidential Lifetime Aware

Irene Smith



Kenneth Willitts